



News from the Nest

April 14 – April 18/25 – Parent Edition



Coming Up Next Week:

Monday, April 21

- ABCD
- Easter Monday

Tuesday, April 22

- CDBA
- Black Connections Field Trip with Yale

Wednesday, April 23

- BADC
- Parent Info Meeting for Grade 8s coming to Mouat in September 7pm Big Gym

Thursday, April 24

- DCAB

Friday, April 25

- ABCD

Saturday, April 26

Sunday, April 27

Ways You Can Support PAC



Drop-off your empties to any Return-It Express location.

No sorting or line-ups!

Account Number:
956-682-8722
WJMOUATPAC

Bag labels can be picked up from the school office or printed at R&T Depot: Unit 23, 31550 South Fraser Way



Shop at Cobs on either Gladwin Road or Mt. Lehman Road.

Mention you're Raising Dough for WJ Mouat.

5% of your purchase will be donated back to Mouat PAC!

Cobs Bread Locations:
Unit 111, 2777 Gladwin Road, or
H175-3122 Mt. Lehman Road

Please help us keep our GREEN BINS in use as they generate monthly income for Mouat PAC!



HAWK GEAR



AVAILABLE IN THE OFFICE

The Authentic T-shirt Company GENERAL SIZING GUIDE

	XS	S	M
Chest	30"- 32"	34"- 36"	38"- 40"
Waist	26"- 29"	29"- 32"	32"- 35"
Sleeve Length-CB	31"- 32"	32"- 33.5"	34"- 35"
Sleeve Length-CI			
	L	XL	2XL
	42"- 44"	46"- 48"	50"- 52"
	35"- 38"	38"- 41"	41"- 44"
	35"- 36"	36"- 37"	37"- 38"
	37"- 37.5"	38"- 38.5"	39"- 39.5"

This information is intended for use as a general guideline.
Sizing and fit may vary.

Weekly Athletic Recap

Senior Boys Rugby

Our Sr. Boys rugby team played Sardis on Thursday and the score will be reported next week.

Junior Boys Rugby

They played Abby Senior on Wednesday. The team lost by a score of 41-27. Ries were scored by Adam Burk, Hunter Moulton, Zoren Hendricks had 2 and Quinn Baker. The boys played hard to the final whistle. Well done!!

Senior Girls Rugby

The girls' rugby team lost to Yale 50-0.

Track & Field

Congratulations to all athletes who participated in their first Track & Field meet of the season last week! It was windy and pouring rain, and they ran, threw, and jumped through it all!

Special shouts go to

- *The 1200m Medley athletes and Senior Boys Discus who stayed right to the bitter end to complete their events despite being cold and wet!
- *Our new track managers who learn quickly and are helping us keep everything running smoothly
- *Ben Leslie for coming first place in Senior Boys Discus and Shot Put in his first year on the team!
- *Junior Boys Team A 1st in 4x100m
- *Harveer Nigah 2nd Junior Boy in 100m out of 59 athletes!
- *Sam May 2nd in Senior Boy 1500m
- *Kate Tsaruk 3rd in Junior Girl Long Jump



Girls Soccer

Congratulations to our Senior Girls soccer team on winning the Osoyoos Desert Classic. The girls played awesome on their way to the championships. They also beat Chilliwack 4-1 and Langley 3-0 in league play. The girls record is 5 wins and 0 losses.

Go Hawks! Keep up the great work, and let's cheer our teams on for continued success!

Your WJ Mouat Admin Team



Skills Canada BC Provincial Competition

The Abbotsford School District proudly represented British Columbia in multiple categories at the Skills Canada BC Provincial Competition! A total of 10 students competed after earning their spots during the Regional Competition in February—and we are thrilled to share the outstanding achievements of our WJ Mouat students:

Gold Medals

- Aiden Reitsema (W.J. Mouat) – *Electrical Wiring – Secondary*
- Atticus Brummitt (W.J. Mouat) – *Carpentry – Secondary*

A huge congratulations to both Aiden and Atticus, who will go on to represent Team BC at the Skills Canada National Competition in Regina on May 29–30!

Silver Medals

- Finn Tielmann (W.J. Mouat) – *Architectural Drafting*

Participants

- Will Dahlman (W.J. Mouat) – *Automotive Service Technician*
- Micah Moews & Jesse Evans (W.J. Mouat) – *Video Production*

Congratulations to all of our competitors for their dedication, skill, and effort. Reaching the provincial level is a remarkable achievement in itself—at this stage, there are no losses, only growth and pride. You’ve made our school incredibly proud!

WJ Mouat Grade 8 Parent Info Night

Attention all parents/guardians of Grade 8s who will be coming to WJ Mouat in September!

April 23, 2025, from 7pm-8pm in the WJ Mouat school gym there will be a Parent Information Night that will include an overview of what to expect in terms of the school schedule, academics, sports/clubs and other programs. There will be a Punjabi-speaking administrator present to answer any questions following the presentation.



A date to put in your calendar is **August 26, 2025, from 10 am to noon**, incoming Grade 9 students are invited to a school info session, tour, games and a BBQ.

We look forward to seeing you and beginning your child’s secondary learning journey at WJ Mouat Secondary School.



Your WJ Mouat Admin Team

We are Hawks Week & Talent Show

Hi Mouat,

April 28th to May 2nd is our annual We Are Hawks week! During this week, we celebrate what it means to be a Hawk: academics, athletics, French Immersion, arts, music, applied skills, ELL.....

Our leadership students are busy brainstorming ways to highlight all the incredible things we do here at Mouat but if you have some ideas on how we can showcase your program, please let us know.

Thrive Corner

Tanisi,

Saturday, April 12th, there is a new moon. This new moon is the one that is closest to the planet earth. In Stolo territory, we are coming up on a new phase called **Temkwikwexel** (April 21 - May 19). Time for baby sockeye salmon to spawn.

The seventh month, around April, is called **Temkwikwexel** - time for baby sockeye salmon, by some people, **kwikwexel** is baby sockeye salmon. Some call the month **Lhem't'oles**, which means spring showers in the eyes.

Miigwech

Self-Care Mondays

April 21/25: This week's self-care tip is about: **Laughter**

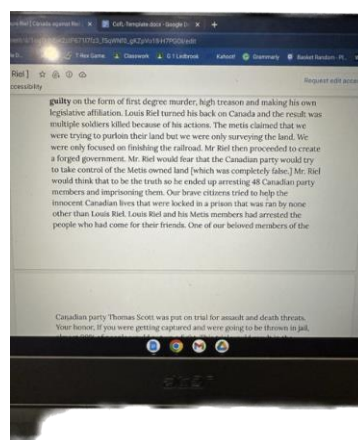
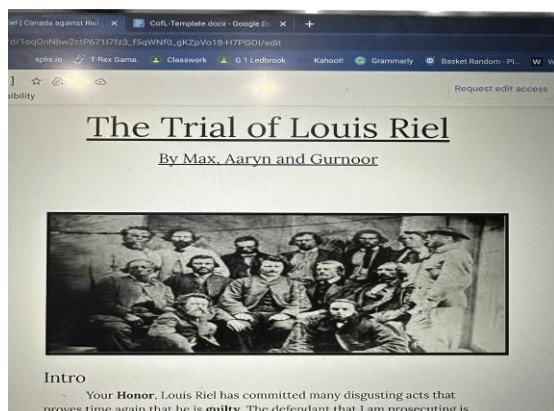
When it comes to relieving stress, more giggles are just what the doctor ordered. When you start to laugh, it doesn't simply lighten your load mentally, it also does several things to you on a physical level including increasing your intake of oxygen which stimulates your heart, lungs and muscles and increases the release of endorphins (the feel-good hormone). All of that to say that a good laugh can help relax you and reduce some of the physical symptoms of stress.



So, watch that sitcom and tell that joke because it will do the mind and body good!

<https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/stress-relief/art-20044456>

Here's a bank of jokes for the classroom 😊 <https://www.rd.com/list/short-jokes/>



STUDENT REFLECTIONS:

The Louis Riel trial was one of my favourite assignments because of a few simple reasons, this allowed me to explore deeper into one of the many great mysteries of Canada. This event caused lots of turmoil back when it happened, but now, through the current Canadian legal system, we can show that he shouldn't have been convicted to death even if he made a fake government. Another reason is that it was fun to look deep into his background and the background of the Canadian government and how their legal system worked back then, the legal system was completely different from now and then. And finally, I think it was fun to use lawyer talk in our argument, it made me feel like I was actually there prosecuting him in person, and it also expanded my vocabulary.